

Canoe Expedition Kit List

To wear (or have easily available*) whilst canoeing		
Old trainers/water-shoes/Wellies		
Walking socks / waterproof socks		
Thermal top or T-shirt (not cotton)		
Sweater (woollen or fleece)		
Quick drying trousers (not jeans)		
<u>Buoyancy Aid</u>		
Whistle, to be attached to your buoyancy aid		
Waterproof poncho*		
Waterproof jacket*		
Waterproof trousers*		
Hats* (suitable for the weather conditions)		
Midge net*		

Personal kit		
Barrel bag or rucksack, with dry-bags or strong plastic bags to keep gear dry.		
Waterproof case/pouch for phone		
Sturdy plastic bags for any wet clothing		
Sleeping mat		
Sleeping bag		
Head torch and spare batteries		
Watch		
Water bottle (2 Litres)		
Eating kit (i.e. knife, fork, spoon plate/bowl, mug)		
First aid kit & medication		
Wash kit		
Towel		
Sunscreen & midge spray (if worn)		
Sunglasses		
Gloves		
Sleepwear		
Socks		
Underwear		
Camp footwear (e.g. crocs)		
Spare thermal tops or T-shirts (not cotton)		
Spare sweater (woollen or fleece)		
Spare quick drying trousers (ideally zip-offs to turn into shorts)		
Glasses retainer strap (if glasses are worn)		
Knee-pads or mat		

Group kit - work as a group and decide who is bringing what		
Map(s)		
Map case or polypocket to keep maps dry		
Compasses		
Route plan		
Survival bag		
Phone (for use in accordance with the mobile phone policy)		
<u>Tents</u> (or bivibags)		
<u>Tarps</u>		
Paracord		
Folding knife		
<u>Barrel</u>		
Food		
<u>Water carrier</u>		
Water (and water purifying tablets/system, if needed)		
<u>Trangia stove and fuel</u>		
Matches or lighter in a zip-lock bag		
Toilet paper & hand trowel		
Sturdy rubbish bags		
Pan scourer and a small bottle of washing up liquid		
Tea towel		
Camera		
Lock to secure boats		
Notebook & pen/pencil		

Kit needed for the boat		
Bailer and/or large sponge		
<u>2 painters</u>		
<u>3 paddles (1 is a spare)</u>		
<u>Floatation</u>		
Repair kit (Duck-tape, cable ties, rigid splints etc)		
<u>Cam straps to secure kit</u>		

Underlined items will be provided by the Leader Team.